

ABSTRACT OF THE DISCLOSURE

A dispersion shifted optical fiber comprising a core and cladding provided at an outer periphery of the core, and having a refractive index profile in which the core is provided with a central core portion and a peripheral core portion having a higher refractive index than the central core portion provided at an outer periphery of the central core portion, and the cladding has a lower refractive index than the peripheral core portion, wherein, by appropriately setting the structural parameters, it is possible to provide a dispersion shifted optical fiber that is essentially single mode and is capable of fulfilling the condition of a bending loss of 100 dB/m or less, and that also provides a sufficient increase in the effective core area and a reduction in the dispersion slope.

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